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1 A golf practice and exercise device comprising a frame member having  
a base portion for supporting the device on a floor or ground, said frame member  
extending upwardly from the base member and having an outwardly extending  
5 mounting arm, and an object swingably suspended from said mounting arm with at  
least a portion of said object adjacent the floor or ground in position to be struck by a  
golf clubhead during a normal golf swing, said object having a golf clubhead impact  
surface approaching the size of or greater than the corresponding surface of a baseball  
to provide a large target so that the golfer can swing freely without concentration on  
10 striking a small target, said object being of a mass (approaching that of or exceeding  
that of a baseball) to provide substantial resistance to the impact of a golf club to  
impose muscular strain on the golfer for muscle development but being limited in  
mass to allow the head of the golf club to swing the object sufficiently for the golf  
clubhead to ultimately pass under the object and allow the golfer to complete the  
15 follow-through of the golf swing.

2. A golf practice and exercise device according to claim 1 in which said  
object is substantially the same as a softball.

3. A golf practice and exercise device according to claim 1 in which said  
object is generally spherical and is approximately 4 to 5 inches in diameter.

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20 4. A golf practice and exercise device according to claim 2 in which said  
object weighs approximately 4 to 12 ounces.

5. A golf practice and exercise device according to claim 2 in which said  
object weighs approximately 6 to 7 ounces.

6. A golf practice and exercise device according to claim 3 in which said  
25 object weighs approximately 6 to 7 ounces.

7. A golf practice and exercise device according to claim 1 in which said object is substantially the same as a teardrop-shaped punching bag.

8. A golf practice and exercise device according to claim 7 in which said object is approximately 4 to 5 inches in diameter.

5 9. A golf practice and exercise device according to claim 8 in which said object weighs approximately 4 to 12 ounces.

10. A golf practice and exercise device according to claim 8 in which said object weighs approximately 6 to 7 ounces.

10 11. A golf practice and exercise device according to claim 1 in which said object is substantially the same as a cylindrical body punching bag.

12. A golf practice and exercise device according to claim 11 in which said object is approximately 3 to 12 inches in diameter. ✓

13. A golf practice and exercise device according to claim 11 in which said object is approximately 6 to 10 inches in diameter.

15 14. A golf practice and exercise device according to claim 11 in which said object weighs approximately 1 to 12 pounds.

15. A golf practice and exercise device according to claim 11 in which said object weighs approximately 6 pounds.

20 16. A golf practice and exercise device according to claim 13 in which said object weighs approximately 6 pounds.

17. A golf practice and exercise device according to claim 16 in which the height of said object is approximately 10 to 18 inches.

18. A golf practice and exercise device according to claim 1 in which said object is suspended from said mounting arm by a flexible cord.

25 19. A golf practice and exercise device according to claim 18 in which said

arm is approximately 1½ to 5 feet above the ground or floor.

20. A golf practice and exercise device according to claim 18 in which said arm is approximately 3 feet above the ground or floor.

21. A golf practice and exercise device according to claim 18 in which said  
5 cord is attached to a ring that is freely rotatably mounted on said arm for rotation of said ring, cord and object about a generally horizontal axis.

22. A golf practice and exercise device according to claim 1 in which said object is alternatively attachable to said base for restraining said object against movement for alternative use of said object as a stop of the golf club in an impact  
10 position.

23. A golf practice and exercise device comprising a frame member having a base portion for supporting the device on a floor or ground, said frame member extending upwardly from the base member and having an outwardly extending mounting arm, and an object secured to and extending between said mounting arm  
15 and said base in position for striking by a golf clubhead during a normal golf swing and stopping the golf clubhead in an impact position.

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~~24. A golf practice and exercise device comprising an object resting on the ground or floor in position for being struck by a golf clubhead during a normal golf swing, said object having a golf clubhead impact surface approaching the size of or  
20 greater than the corresponding surface of a softball to provide a large target so that the golfer can swing freely without concentration on striking a small target, said object being of a mass approaching that of or exceeding that of a softball to provide substantial resistance to the impact of a golf club to impose muscular strain on the golfer for muscle development but being limited in mass to allow the head of the golf  
25 club to move the object sufficiently to allow the golfer to complete the follow-through~~

